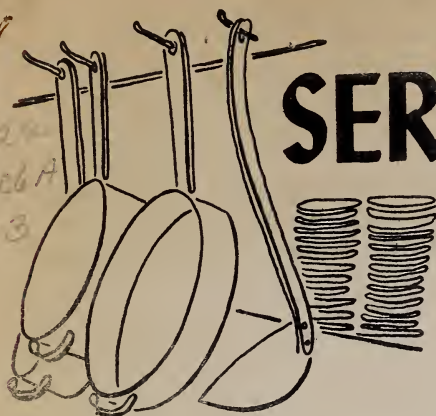


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SERVING MANY

Food news for food managers in industrial plants, restaurants, hotels, and hospitals

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One of the ways to stretch your meat ration, now that most meat cuts have been returned to the ration list, is to use eggs as a meat alternate or as a meat extender. They are plentiful and nonrationed.

Eggs help to promote positive good health and should be included in the daily diet. Rich in protein of high nutritive quality, they are also a good source of iron in a form which is readily assimilated. They are also a relatively rich source of vitamin B₂, and a good source of B₁, niacin, and Vitamin A.

Eggs as alternates or extenders for meat

When using eggs as alternates or meat extenders, it is important to have the dishes well-flavored, served in adequate sized portions, and combined in an appetizing menu. Here are some suggestions:

Creamed hard-cooked eggs on toast

Eggs a la king

Egg croquettes

Egg cutlets

Baked egg omelet. This may be served with a variety of sauces, as cheese, tomato, mushroom, or Spanish sauce, or may be accompanied by strips of crisp bacon, or by a small portion of fried ham.

Scrambled eggs

Scrambled eggs with tomatoes

Scrambled eggs with bits of cooked bacon

Scrambled eggs with chopped ham

Scalloped hard-cooked eggs and diced ham

Scalloped hard-cooked eggs and green peas

Egg souffle'

Cheese souffle'

Ham souffle'

Tuna fish souffle'

Veal souffle'

Spanish eggs (sliced hard-cooked eggs with Spanish sauce)

Western-style eggs are scrambled with green pepper, minced onion, and a little chopped ham. They may be served plain in a popular hot sandwich.

More egg desserts are in order

Food managers who know the workers' food preferences are offering more of the many nutritious desserts made with eggs. Besides making a positive contribution to the food value of a meal, egg desserts offer the last course sweetness desired by most workers. Try these suggestions for egg desserts:

Soft custard served over diced oranges
 Apricot whip with custard sauce
 Prune whip with custard sauce
 Sponge cake
 Jelly roll filled with jelly, marmalade, plain cream, or
 lemon cream filling
 Boston cream pie (plain cake with cream filling or chocolate
 cream filling)
 Meringue cream pies, such as butterscotch, cocunut, chocolate,
 and lemon
 Chiffon pies made with frozen strawberries or raspberries are
 a flavor treat in midwinter
 Baked custard
 Baked caramel custard
 Custard pie
 Coconut custard pie
 Soft custard

Below are two recipes for egg main dishes. The first is a meat extender, the second a meat alternate.

Scalloped Ham and Eggs

| <u>Ingredients</u> | <u>Amounts</u> | |
|--------------------------|---------------------|---------------------|
| | <u>100 portions</u> | <u>500 portions</u> |
| Diced cooked ham | 8 pounds | 40 pounds |
| Hard-cooked eggs, sliced | 8 dozen | 40 dozen |
| White sauce made with -- | | |
| Fat | 1 pound, 8 ounces | 7 pounds |
| Flour | 1 pound | 5 pounds |
| Milk | 2 gallons | 10 gallons |
| Salt | 2 ounces | 10 ounces |
| Bread crumbs mixed with | 2 pounds | 10 pounds |
| Melted Fat | 8 ounces | 2 pounds |

Size of portion - 6 ounces

1. Fill greased baking pans with alternate layers of diced ham, sliced hardcooked eggs, and white sauce. Top with crumbs.
2. Bake in moderate oven at 350° F. for about 30 minutes until the crumbs are browned.

| <u>Ingredients</u> | <u>Amounts</u> | |
|----------------------------|---------------------|---------------------|
| | <u>100 portions</u> | <u>500 portions</u> |
| Egg yolks | 6 dozen | 30 dozen |
| Egg whites | 6 dozen | 30 dozen |
| White sauce, made with -- | | |
| Fat | 1 pound, 8 ounces | 7 pounds |
| Flour | 1 pound | 5 pounds |
| Milk | 2 gallons | 10 gallons |
| Salt | 2 ounces | 10 ounces |
| Paprika | 1 tablespoon | 1 ounce |
| Spanish sauce made with -- | | |
| Chopped onion | 8 ounces | 2 pounds, 8 ounces |
| Fat | 8 ounces | 2 pounds |
| Canned tomatoes | 5 quarts | 2-1/2 gallons |
| Diced celery | 2 pounds | 10 pounds |
| Green pepper, chopped | 8 ounces | 2 pounds, 8 ounces |
| Pimiento, chopped | 8 ounces | 2 pounds, 8 ounces |
| Salt | 2 tablespoons | 4 ounces |
| Pepper | 1 teaspoon | 1-1/2 tablespoons |

Size of portion - 4 ounces omelet and 2 ounces sauce.

1. Beat the egg yolks until thick and lemon-colored.
2. Beat the whites until stiff but not dry.
3. Add the beaten egg yolks to the cooled white sauce, and mix well.
4. Fold in the beaten whites.
5. Fill greased baking pan two-thirds full.
6. Bake in moderate oven at 325° F. for about 50 minutes, or until well puffed and a delicate brown.
7. Cook the onion in fat until a light brown, add to the vegetables and simmer until all the vegetables are tender.
8. Cut omelet in squares and serve with Spanish sauce.

MAKING THE MOST OF THE MEATS IN INDUSTRIAL FEEDING

is just off the press

Fill out and return this form if you wish a copy

Plant name _____

By (title) _____

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Clip and send this form to War Food Administration,
Western Union Building, Atlanta 3, Georgia

FOOD BULLETIN

Here are a few tips on foods in plentiful supply throughout the greater part of this region this month.

EGGS
ORANGES
GRAPEFRUIT

PEANUT BUTTER
JAMS (not berry)
JELLIES
CITRUS MARMALADE
APPLE BUTTER

ONIONS
CABBAGE
GREENS, ESPECIALLY SPINACH,
COLLARDS, TURNIP, KALE
FROZEN VEGETABLES-FROZEN
BAKED BEANS

DRY MIX SOUPS
SOYA FLOUR, GRITS
WHEAT FLOUR
MACARONI, SPAGHETTI
OATMEAL

In addition to the above -- other locally produced fruits and vegetables should be available in good supply.